

December Upcoming Events

Triumph



December 8 @ 12 PM

Self-Care for Working Caregivers

Nearly 1 in 5 adults provide unpaid care to an older adult, and about 53% of these caregivers are employed. If you're a working caretaker or support someone who is, join our webinar to learn simple self-care tips to manage stress, take care of yourself, and prevent burnout.



Submit by December 31

From Your Kitchen to Mine – Recipe Swap

Have a recipe that's special to you? Share it through our From Your Kitchen to Mine recipe swap! Celebrate the cultures, traditions, and stories behind your favorite dishes. Your recipe could be featured in our community cookbook launching this March!

Use our Recipe Template to write it up, then share it in our Submission Form.

Register at on.nyc.gov/upcomingevents


Mary, PARKS

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Starts January 1

Make Your Move 2027 Challenge

Join our Make Your Move Challenge and focus on building consistency in your fitness journey. The Count.It app tracks all types of physical activity, so you can count every move!

Make 2027 the year you build lasting habits. Use your mobile device to visit on.nyc.gov/count-it (Group invite code: ecf4).



January 6 @ 12 PM

Make Your Move Info Session

This movement challenge is designed to motivate you to move more consistently and build lasting healthy habits.

Join our information session to learn how to create a Count.It account, sync your device, explore this year's new app features, and more!

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January 5 @ 1 PM

For a Healthy New Year, Change Your Plate!

Plant-powered eating is more than a fad! Join Share the Health (formerly Plant Powered Metro New York), to learn how plant-powered diets are an evidence-based way to prevent health issues, manage chronic conditions, and reset your relationship with food.



Starts February 1

Let's Bring the Pressure Down

WorkWell NYC's 8-week hypertension prevention program, Let's Bring the Pressure Down is back! It provides support to City workers living with or at risk for high blood pressure. Sign up to access life-changing, empowering classes and learn how to get your blood pressure under control.

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